



## TELECOPY/FACSIMILE TRANSMISSION COVER SHEET

Date: 7/27/05

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Re: Application Serial Number 10/685,342

Attorney Docket Number 13914.875

NUMBER OF PAGES TRANSMITTED 9 (INCLUDING THIS COVER PAGE)

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NOTE: Proposed Ex. And<sup>t</sup> to correct typographical errors  
and overcome prior art.  
Claims currently would be rejected under <sup>35 USC</sup> 102 as follows:

cl. 9-13 Chen 6,656,093 82

9-12 Gogarty 4,638,994

14,16 Brice 5,626,714

1,2,4-7,9-13,17,18,21-23 Bowman 2003/0232704 A1

### AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

#### Listing of Claims:

1. (Currently Amended) A weight lifting system configured to enable convenient

coupling of weights to a handle, the weight lifting system comprising:

a handle having first and second opposing ends, the opposing ends having a hollow interior;

a plurality of weight plates, each weight plate having an aperture therethrough;

and

first and second locking mechanisms configured to selectively couple the weight

plates to the respective opposing ends of the handle, at least one of the first and second locking mechanisms comprising: a moveable cam (i) a moveable member that

selectively engages an interior surface of the handle; and (ii) a push rod selectively contacting different portions of the moveable member such that movement of the push rod selectively positions the moveable member into a locked position.

2. (Currently Amended) A weight lifting system as recited in claim 1, wherein the

moveable member comprises a cam follower that is configured to be selectively engaged with the interior surface of the handle.

X (Currently Amended) A weight lifting system as recited in claim 1, wherein the cam-moveable member has threads configured to threadedly engage the interior surface of the handle.

4. (Currently Amended) A weight lifting system as recited in claim 1, wherein each locking mechanism comprises (i) a sleeve ~~the cam-~~ said moveable member, <sup>and a</sup> wherein said moveable member is being rotatably coupled to the sleeve, and (ii) a push rod that slides within the sleeve and selectively contacts different portions of the ~~cam~~ said moveable member so as to selectively ~~the position of the cam~~ move said moveable member into a locked position.

5. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam-~~ moveable member has a slanted body.

6. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam-~~ moveable member selectively moves between a locked position and an unlocked <sup>the</sup> position within ~~an~~ <sup>the</sup> interior surface of the handle.

7. (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam-~~ moveable member is selectively actuated ~~rotated~~ through the use of <sup>the</sup> ~~a~~ push rod.

~~Coupled~~ X (Currently Amended) A weight lifting system as recited in claim 1, wherein the ~~cam-~~ moveable member is selectively in threaded engagement with ~~an~~ <sup>the</sup> interior surface of the handle.

⑨. (Currently Amended) A weight lifting system configured for selective coupling of weight plates to a handle and for convenient disengagement of the weight plates from the handle, the weight lifting system comprising:

a handle having hollow interior surfaces on opposing ends thereof;

a plurality of weight plates, each weight plate having an aperture therethrough;

and

~~selectively at least one of said weight plates be selectively inserted, wherein said portion is~~ first and second opposing locking mechanisms each having a portion configured to extend through the weight plates and into the interior surface of the handle, each ~~selectedly inserted~~ wherein at least one locking mechanism comprises: comprising (i) a ~~cam~~ moveable member configured to selectively engage the interior surface of an ~~respective~~ end of the handle; (ii) a rod ~~configured to selectively move the moveable member,~~ rotate ~~with the rod~~ and (iii) a biasing member configured to bias the rod with respect to the moveable member.

10. (Currently Amended) A weight lifting system as recited in claim 9, wherein the weight plates are configured to nest within each other ~~the biasing member biases the rod into a locked position.~~

11. (Currently Amended) A weight lifting system as recited in claim 9, wherein the weight plates have a frusto-conical shape ~~the biasing member comprises a spring.~~

12. (Original) A weight lifting system as recited in claim 9, wherein the portion of each locking mechanism configured to extend through the weight plates and into the interior surface of the handle comprises an elongate portion.

13. (Currently Amended) A weight lifting system as recited in claim 9, wherein the moveable member-cam is selectively locked or unlocked with respect to the handle.

14. (Currently Amended) A weight lifting system comprising:

a handle;

a plurality of weights; and

first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms including comprising: (i) a moveable threaded member that selectively engages an interior surface of the handle; and (ii) a rod configured to selectively move the moveable threaded member with respect to the interior surface of the handle.

and w/ the rod

15. (Currently Amended) A system are recited in claim 14, wherein the moveable member comprises a cam follower.

16. (Currently Amended) A system as recited in claim 14, wherein twisting the moveable member ~~cam~~ in one direction tightens the threads of the moveable member ~~cam~~ against internal threads of the handle and wherein twisting the moveable member ~~cam~~ in an opposing direction threads the locking mechanism out of the handle.

17. (Currently Amended) A weight lifting system comprising:  
a handle;  
a plurality of weights; and ~~that are~~ selectively insertable into ends of ~~said~~ handle  
first and second locking mechanisms that couple a respective weight to opposing  
~~between~~ ends of the handle, the locking mechanisms each including (i) a rotating member that  
selectively engages an interior surface of the handle; and (ii) a push rod selectively  
contacting different portions of the rotating member such that movement of the push  
rod selectively positions the ~~moveable~~ member into a locked position.

18. (Currently Amended) A weight lifting system as recited in claim 17, wherein  
the rotating member comprises a cam. A weight lifting system as recited in claim 17,  
wherein each of said locking mechanisms further comprises (i) a sleeve, having a  
respective rotating member coupled thereto, and (ii) a push rod that slides within the  
sleeve and selectively contacts different portions of the rotating member so as to  
selectively move the rotating member into a locked position.

19. (Currently Amended) A weight lifting system as recited in claim 18, wherein  
the ~~cam follower~~ has threads thereon.  
<sup>rotating member</sup>

20. (Original) A weight lifting system as recited in claim 19, wherein the threads  
selectively engage ~~an~~ interior surface of the handle.

21. (Currently Amended) A weight lifting system comprising:

a handle;

a plurality of weights; and ~~selectively insertable into ends of the handle~~  
~~and~~

first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms comprising a cam assembly that selectively engages an interior surface of the handle wherein the at least one cam assembly comprises (i) a member that rotates from a nonengaged position to an engaged position; and (ii) a rod configured to move in a linear direction in order to cause the member to rotate from the nonengaged position to the engaged position.

22. (Original) A weight lifting system as recited in claim 21, wherein each ~~cam assembly~~ comprises (i) a member that rotates between an engaged position and a non-engaged position; and (ii) a rod configured to selectively move the member.

23. (Currently Amended) A weight lifting system as recited in claim 21, wherein each cam assembly comprises a rotatable cam follower and a push rod that selectively moves the cam follower.

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